

## **Choosing the Correct Size Watchband**

- **STEP 1** Print this document at 100% scale. Then, use scissors to cut-out the paper ruler on the left side of this document.
- **STEP 2** Measure your wrist. Start with securing the paper ruler to the top of your wrist by using a piece of tape as shown in the image below:

RULER USED

FOR

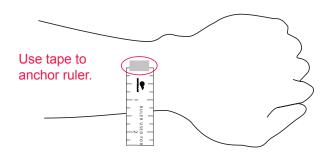
MEASURING

MEN

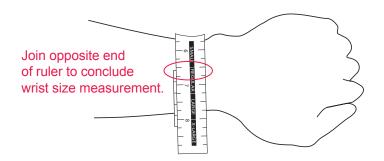
AND WOMEN WRISTS

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INCHES



Next, wrap the paper ruler under and around your wrist until the opposite ends meet tauntly. It is important not to pull too tight or loose to maintain measurement accuracy. Finally, take note of your wrist size and refer to the chart below to determine your appropriate size watchband.



WATCHBAND SIZE	MEN WATCHBANDS	WOMEN WATCHBANDS
Regular	wrist sizes 6.31" to 7.25"	wrist sizes 5.75" to 6.9"
Large	wrist sizes 7.26" to 8.75"	wrist sizes 6.31" to 7.25"